

Controlling Your Energy Level

Another incredibly powerful Hype-Up tool is music. Part of coming up with a good pre-game routine is identifying when it is time to relax, when it is time to focus, when it is time to get hyped-up. If you have an hour-long bus ride, then 30 minutes to warm up before your game even starts you probably don't want to be listening to your hype-up playlist two hours before game time so that the effect doesn't wear off. For this activity you need to find some songs, identify if they would be good to help you relax, focus, or get hyped-up. It can also be helpful to rate them on a scale from 1-20 so that you can put them in an order that will be most beneficial for your situation. Soft acoustic guitar or ambient noise like ocean waves might rank as a 1 and the song that gets you more hyped-up than any other song would be a 20. Rank each song you find (and enjoy) on that scale to help you organize your Relaxed, Focused, and Hyped-Up playlist. **<Continue on Back if Needed>**

Sleep / Calming / Relaxing / Transition to Focus / Focus / Dialed In / Transition to Hype / HYPED

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11 - 12 - 13 - 14 - 15 - 16 - 17 - 18 - 19 - 20

| Song Name | Song Purpose (Relax/Focus/Hype) | Hype Rating |
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